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Monday, March 03, 2014



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Upcoming Events

Stress Solutions Oasis:

Step away from your desk and de-stress with your friends at Valley College!

March 27, 2014 April 24, 2014 May 15, 2014 (This event is for STAFF ONLY)

Sexual Assault Awareness Month

The month of April has been designated Sexual Assault Awareness Month (SAAM). The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence. By working together and pooling our resources during the month of April, we can highlight sexual violence as a major public health, human rights and social justice issue and reinforce the need for prevention efforts. --National Sexual Violence Resource Center

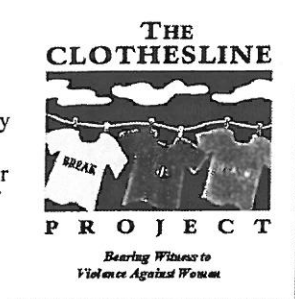
Sexual Assault affects everyone; heterosexuals, homosexuals, friends, families, siblings, children, co-workers, the young and old. Sexual assault is a personal and destructive crime. Its effects on you and your loved ones can be psychological, emotional, and/or physical. They can be brief in duration or last a very long time. It is important to remember that there is not one "normal" reaction to sexual assault. Therefore, your individual response will be different depending on your personal circumstances.

Join us for the following events during the month of April. We all have a responsibility to help stop sexual violence.

The Clothesline Project

The Clothesline Project is a visual display that bears witness to the violence against women. During the public display, a clothesline is hung with shirts. Each shirt is decorated to represent a particular woman's experience, by the survivor herself or by someone who cares about her. The purpose is to bear witness to the survivors as well as the victims of the war against women, to help with the healing process for people who have lost a loved one or are survivors of this violence, to educate, document and raise society's awareness of the extent of the problem of violence against women, and to provide a nationwide network of support and encouragement.

Look for additional information regarding this event at Valley College and Crafton Hills. Together we can help prevent violence against women, and begin, or continue, the healing process.



Valley College Events

April 2: Sexual Assault Awareness and Prevention presented by District Police, LA 100, 10:00-11:00a

April 3: Poetry Reading, Library Viewing Room, 1:00-3:00p

April's reading selection is themed to raise awareness of sexual assault. Readings will include poems and excerpt's from stories and essays relevant to this theme. Readers/presenters can be students or staff. All are invited to attend.

April 9: Breaking the Chains of Silence presented by Renae Bryant, Library Viewing Room, 12:00-1:00p Hear Renae Bryant, a rape survivor, tell her story. She has spoken at Take Back the Night events, had her story published by national magazines, and has even sung about it through the lyrics of the song, "Knife to My Neck."

April 15: Sexual Assault and Social Media presented by San Bernardino Sexual Assault Services, Library Viewing Room, 12:30-1:30p

Crafton Hills Events

April 2: Sexual Assault Awareness and Prevention presented by District Police, LRC 226, 12:00-1:00p

April 9: Sexual Assault and Social Media presented by San Bernardino Sexual Assault Services, Classroom Building Room 218, 12:00-1:00p

April 16: Breaking the Chains of Silence presented by Renae Bryant, LRC 231, 12:00-1:00p Hear Renae, a rape survivor, tell her story. She has spoken at Take Back the Night events, had her story published in national magazines, and has even sung about it through the lyrics of the song, "Knife to My Neck."

April 23: TBA

April 30: Speak Out and Stand Up LRC 226, 12:00-1:00p

This video presentation will be facilitated by campus staff for an interactive discussion to help raise awareness about sexual assault.

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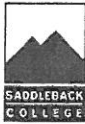
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114 South Del Rosa Drive San Bernardino, California 92408
Phone : 909.382.4000 Fax : 909.382.0116

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- [Accessibility Statement](#)

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- Counseling Services
- Academic Counseling
- Career Counseling
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- Crisis Intervention Team
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- Meet the Counselors
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Counseling Services

Welcome to Saddleback College Counseling Services Division!

Professional counseling faculty are available to all current and prospective students to provide guidance, assistance and support. The Counseling Services Division has 14 full time generalist counselors and several part time counselors who in addition to teaching Applied Psychology classes, provide personal, academic, and career counseling services to Saddleback College students.

Students are highly encouraged to meet with a counselor at least once a semester.

Generalist Counselors may help students with:

- Personal Counseling
 - Maximizing potentials
 - Relationship problems
 - Values clarification
 - Stress management
 - Personal growth
 - Crisis Intervention
- Academic Counseling
 - Selection of a major
 - Setting educational goals
 - Schedule planning
 - Transfer Planning
 - Time Management
 - Academic success strategies
- Career Counseling
 - Career choice
 - Career change
 - Utilization of resources for career exploration
 - Referrals to other agencies or practitioners

Student Handbook

[Click Here to Make Your Counseling Appointment](#)

Jerilyn Chuman
Dean, Counseling Services Division

Location: SSC-167 Map
Phone: (949) 582-4572

Office Hours:
Monday - Thursday
8am to 7pm
Friday
8am to 12 noon
Closed Weekends/Holidays

Students who want a Saddleback College Certificate, an Associate Degree, or who want to transfer, are required to complete a My Academic Plan (MAP) and have it evaluated by a counselor.

[Click here to make your workshop appointment](#) (note: these are group appointments)
[View the MAP Workshop Flyer](#)

How to Make Counseling Appointments

Day and evening counseling services are available on an appointment and on a walk-in basis.

Counseling Appointments may be made in person during the hours listed, by using our on-line appointment system or by calling (949) 582-4572. Appointments are made a week in advance. The schedule comes out each Monday morning for the following week.

For answers to specific counseling questions, please call (949) 582-4572.

HINT: It's best to call early Monday mornings to make appointments for the following week.

Location & Hours

The Counseling Office is located in the Student Services Center, office SSC-167

Monday-Thursday from 8:00am to 7:00pm
and Friday from 8:00am to 12:00 noon.

A Welcome message from Jerilyn Chuman, Dean of Counseling Services Division:

"Counseling services are an essential part of the educational mission of Saddleback College. Counseling at Saddleback College is holistic in nature, and recognizes the personal, academic and career aspects of the fully functional student."



Kognito

Faculty & Staff

CHC, Crisis Intervention Flow Chart

[http://www.craftonhills.edu/Faculty and Staff/~media/19B8C0D211ED4FD2A367169B14574FEA.a.shx](http://www.craftonhills.edu/Faculty%20and%20Staff/~media/19B8C0D211ED4FD2A367169B14574FEA.a.shx)

Get Help Now: 1-800- 273-TALK (8255) or www.ulifeline.org/gethelpnow

Crisis Walk-In Clinics

San Bernardino County Behavioral Health, 850 E. Foothill Blvd., Rialto, CA. 909- 421-9233

Identifying Troubled Students: What to Do

- Sudden and pronounced changes in attendance or performance (e.g. increased tardiness or absences that are out of character for the student, drastically falling grades, refuses to participate in classroom or other activities, failure to complete assignments);
- Behavioral changes (e.g. student appears withdrawn or upset, becomes confrontational or argumentative, cries in class, falls asleep in class, smells of alcohol, or marijuana, social isolation);
- Change in attitude (e.g. student seems to have lost interest in school, is overly anxious about performance, seeks excessive reassurance, reports excessive stress, hopelessness, or difficulty concentration);
- Suicide warning signs (threatening to hurt or kill themselves, talking or writing about death, dying, or suicide, violent or self-destructive behavior, reckless or risky behavior, intense anxiety. Panic attacks, withdrawal from social and academic activities, previous suicide attempts).

“Is the student having a bad day, or are they crying out for help”

Helping Troubled Students: What to Do

- Invite the student to meet – one-on-one;
- In a non-threatening and non-judgmental way, identify the signs of trouble that you have witnessed;
- Express your concern for the student’s wellbeing;
- Ask the student to discuss their problems or concerns; listen respectfully and without judgment to what the student has to say;
- Always take threats or suicide seriously. If the student expresses suicidal thoughts, do not leave them alone, and get help immediately. Call 911 or 1:800-273-TALK;
- If there is no eminent danger, encourage the student to access the Health & Wellness Center, SSB 101, 909-389-3272;

- If no counseling services are available, or it is after hours, provide student with information about local emergency services;
- Explain that the counseling/hotline services are available with no charge and are confidential;
- Ask the student for permission to contact him/her at a later date to follow-up about the referral;
- Document the conversation and share it with the Department Chair or Dean, as appropriate.
- Campus Services: College Police (909-389-3275), Health & Wellness Center (909- 389-3272)

What Not to Do:

- Do not immediately reject the person's demands. Allow the student to vent;
- Do not alienate communication such as apathy, brush off, insensitivity, or give the run around;
- So not challenge, intimidate, or dare the person. Never belittle the person or make her/him feel foolish;
- Do not do anything that makes you feel uncomfortable (*listen to your gut.*)

Managing Disruptive Students: What should I Do?

- If you feel that you, the student or others are in eminent danger, call campus security or dial 911 immediately
- If you feel safe, ask the student to meet one-on-one
- Considering asking your Department Chair or Dean to join the meeting
- Briefly identify the problem behaviors
- Take care not to argue with the student
- Set clear guidelines for acceptable behavior moving forward
- Offer to walk the student to the HWC
- Provide students with campus mental health referral information
- Complete a Disruptive Behavior Incident Report
- Make sure the, President, VP Student Services, Chair or Department Head, Chief SBCCD Police.

FREE Online Training for Faculty <http://ccc.kognitcampus.com/faculty/ccc>

STUDENTS

Overview -- Psychological Services and Counseling

Psychological services are available in the Health & Wellness Center (HWC) located in the Student Services Building (SSB) 101; 909-389-3272.

The HWC offers brief confidential counseling, crisis intervention, mental health service and substance abuse assessments, and community referrals.

The goal of counseling is to support students in identifying and managing personal concerns, learn more about themselves and make positive life changes. Talking about issues and concerns in a safe and confidential environment can enable students to become more successful in college and life. Benefits of counseling include relief from distressing symptoms; improved emotional health; the acquisition of new approaches to problem solving and decision making; more satisfying interpersonal relationships; and increased insight and understanding of thoughts, feelings, and behaviors.

Personal counseling is offered (under supervision of a licensed mental health professional). Hourly sessions are available each week, by appointment; however, because requests often exceed demand, community referrals are also available (see below list).

If You Are in Crisis

Certain situations require immediate attention. If you are having suicidal feelings/ thoughts, or having difficulty controlling the urge to hurt yourself, or anyone else, you need to deal with this immediately. The HWC is open during the regular academic year, but we are not equipped to handle 24-hour emergencies. For this reason, the following referrals will connect you with someone who can evaluate your situation NOW and ensure that you are safe.

For Life- threatening Situations CALL 911, or Campus Police 909-389-3275

For Other Help

San Bernardino Department of Behavioral Health, Crisis, Walk-In Clinic:
850 E. Foothill Blvd., Rialto, CA, 909-421-9495,

National Suicide Prevention Lifeline: 1-800-273-TALK (8255). *Lifeline is a free, confidential, 24 hour hotline for anyone who is going through emotional distress or is in suicidal crisis.*
www.suicideprevention.lifeline.org

Boys Town National Hotline: 1-800-448-3000, available 24/7. *They're also available via email support or live chat: <http://www.yourlifeyourvoice.org>*

Rape, Abuse, Incest, National Network:
RAINN: <http://www.rainn.org/> 1-800-656-HOPE (4673)

LBGTQ Issues: The Trevor Project Hotline: 1-800-RUNAWAY (786-2929)
<http://www.thetrevorproject.org/>

Stress Screener: <http://www.mentalhealthamerica.net/llw/stressquiz.html>

Anxiety Screener: http://www.mentalhealthamerica.net/llw/depression_screen.cfm

Depression Screener: http://www.mentalhealthamerica.net/llw/depression_screen.cfm

Training to help students who are in Distress, i.e. LGBTQ, Veterans <http://Kognito.com/cc>

Community Services

South Coast Community Services

34324 Yucaipa Boulevard, Suite B, Yucaipa, CA 92399
909-790-1300
721 Nevada St, Suite 209
909-792-0747
3694 East Highland Avenue Suites 23 & 24, Highland, CA 92346,
909-425-9316
1323 West Colton Avenue, Suite 100, Redlands, CA,
909-335-7067

- Department of Behavioral Health - San Bernardino County
820 E. Gilbert St., Bldg. #6
909-387-7200
Psych Assess hotline: 1-888-743-1478
- Inland Behavior and Health Services
909-881-6146
1963 North E Street, San Bernardino, CA 92405,
- Loma Linda University Behavioral Medicine Center
1701 Barton Road, Redlands, CA 92373
909-558-9275
- Loma Linda Counseling And Family Services (Individual, Relational, & Group Counseling/therapy, Anger Management, Parenting classes) Sliding Scale fees
1686 Barton Rd, Redlands, CA
909-558-9500
- Loma Linda University Psychiatric Medical Group-Resident Clinic
11374 Mt. View, Suite A Loma Linda, CA 92354
909-558-4505
- Redlands Counseling Center
802 W. Colton Ave, Suite D, Redlands, CA 92373
909-798-6504
- Family Services (parenting, domestic violence, anger management)
1669 North "E" St, San Bernardino, CA 92405
909-886-6737

- National Hopeline Network
1-800-SUICIDE (1-800-784-2433)

Helpful Websites

- In the Wake of Trauma: *Tips for College Students*:
<http://www.samhsa.gov/MentalHealth/AfterDisaster.pdf>
- Healthy Minds: www.healthyminds.org
- National Alliance on Mental Health: www.nami.org;
- Reach Out: www.us.reachout.com
- Half of Us: www.halfofus.org

Confidentiality

All information revealed in the course of your counseling, including the fact that you are seeking counseling is confidential and will not be disclosed excepted upon your written request, or as provided by law. California law specifies that there are conditions under which confidentiality is suspended:

1. The counselor is ordered by the court to testify or release records.
2. If you are the victim or perpetrator of child abuse, your counselor is required to report this to the appropriate authorities.
3. If you are a victim or perpetrator of dependents adult or elder abuse. Your counselor is required to report this to the appropriate authorities.
4. If you threaten to harm someone else, your counselor will be required to call the police, warn the potential victim and/or take other reasonable steps to prevent the harm. If you threaten to harm yourself, we will take reasonable steps to prevent the harm.